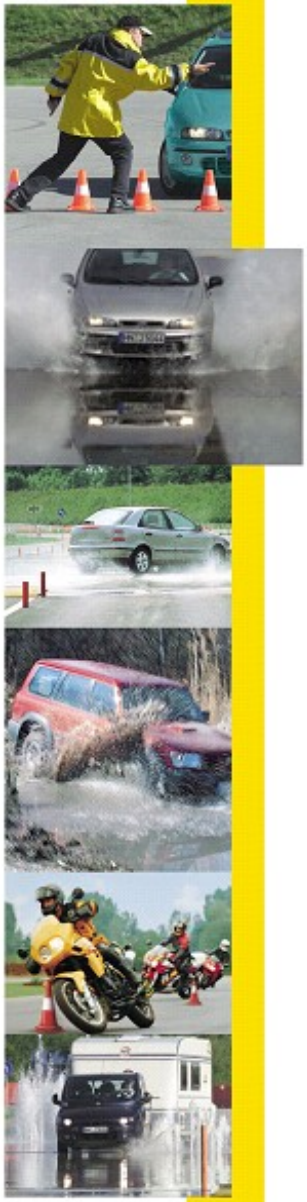
ADAC Safety Training

Sicherheitstraining

ADAC

Präsentation/ SHT-Folien
deutsch Stand: März 2005



ADAC Safety Training

Experience and driving fun – a safe choice

What the ADAC offers:

- Ideal training conditions to experience all relevant traffic situations
- Highest level of competency through modern education and training for instructors
- Standardized high-level training all over Germany with regular quality control
- Germany-wide network of training sites
- Driving fun and group experiences

Sicherheitstraining

ADAC

ADAC Training Sites

● Trainingsanlagen

Kontaktadressen
im Internet unter
www.adac.de/
sicherheitstraining
oder unter der Hotline
01805-121012 (0,12€/Min.)

* ADAC-Beteiligung

Stand: Januar 2005

Sicherheitstraining

ADAC

ADAC training offers

- ADAC car training
- ADAC motorcycle training
- ADAC commercial vehicle training
- ADAC training for special target groups

  and vehicle types
- Events and presentation of new

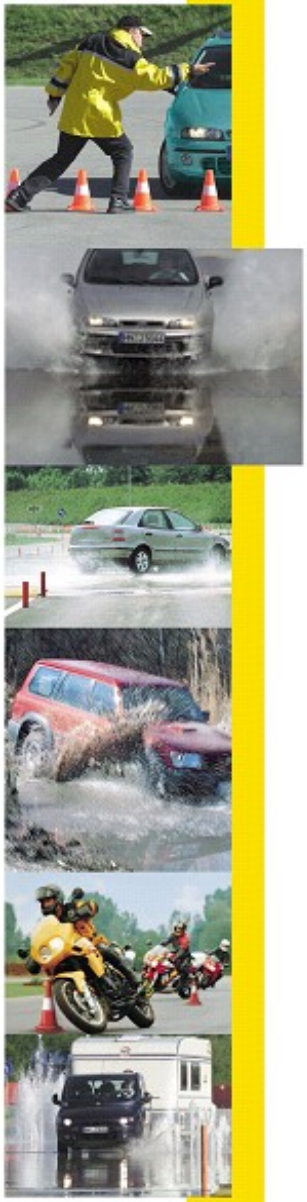
  industrial products

Sicherheitstraining ADAC

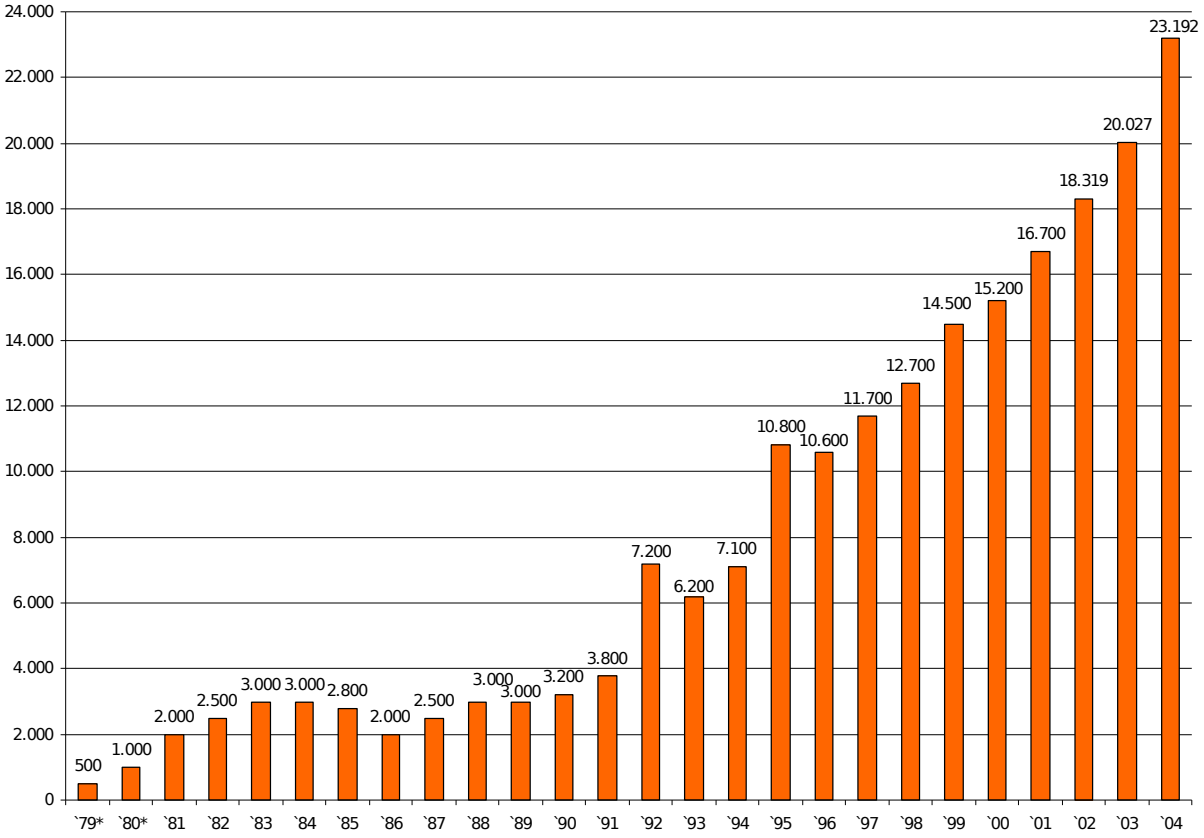
Motorcycle Training

- **ADAC motorcycle refresher training**
- **ADAC basic motorcycle training**
- **ADAC intensive motorcycle training**
- **ADAC motorcycle excellence training**
- **Other motorcycle training, e.g.:**
  scooter training, enduro training, trial training, racetrack training, etc.

Sicherheitstraining ADAC



Numbers of participants in ADAC motorcycle training



Total number of participants in ADAC motorcycle training (1979-2004): **206,538 participants**

This is a **16 percent** **increase** compared to last year

Sicherheitstraining

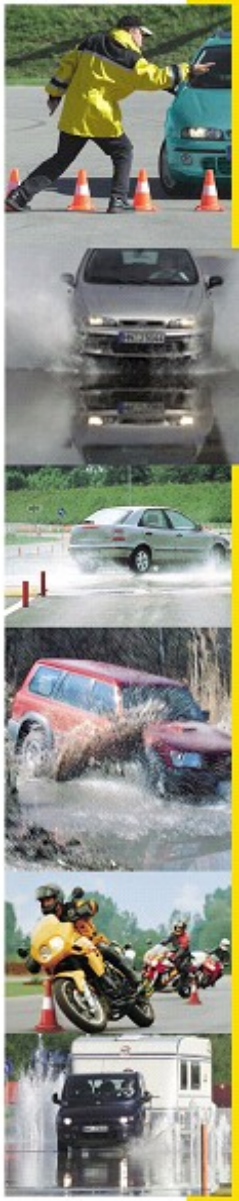
ADAC

Objectives

- **Decide and act appropriately**
- **Realistic assessment**
  (Rider – Vehicle – Situation)
- **Safely experience own capabilities and limitations**
- **Develop skills**
- **Become sensitive for potential danger**
- **Experience safety while having fun**

Sicherheitstraining

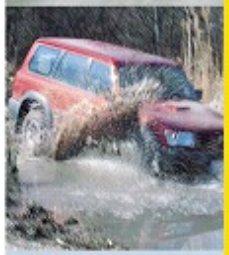
ADAC



Training contents

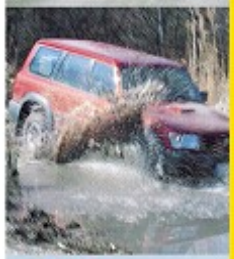
- Simulation of real-life traffic situations during safety training
- Real influencing factors (man – vehicle – surroundings)
- Situations and questions from participants´ experiences
- Exercises with appropriate level of difficulty
- Experience and understand the physics of driving
- The human factor in road traffic

Sicherheitstraining ADAC



Sicherheitstraining

ADAC



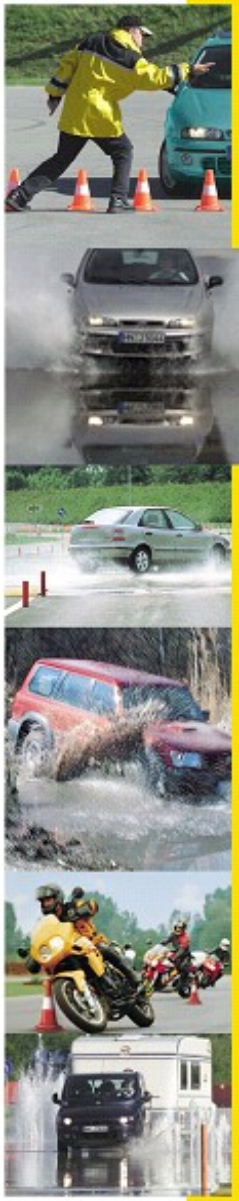
Training contents

Braking

- One-wheel braking
- Releasing a locked front wheel
- Optimal braking with both brakes
- Braking with ABS
- Braking on wet road surfaces
- Braking at higher speed
- Braking distance and reaction distance
- Demonstration of residual speed with 30/50/70

Sicherheitstraining

ADAC

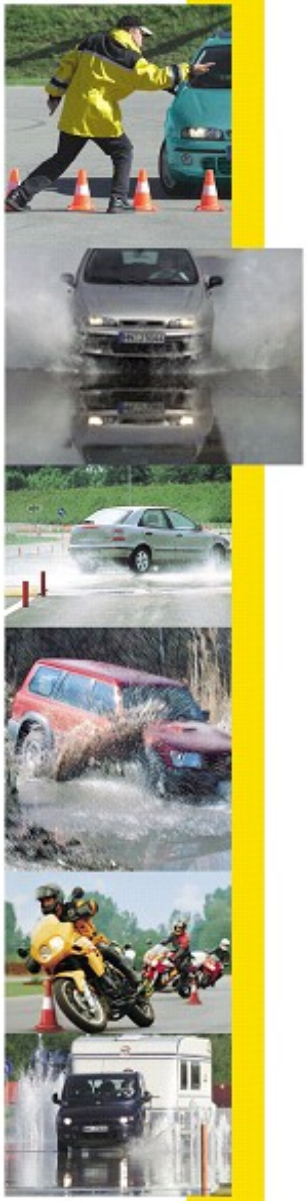


Training Contents

Steering

- Shunting and skillfulness
- Driving in unstable positions
- Slalom and different steering techniques
- Steering impulse technique
- Evading alterable obstacles
- Experience and practice leaning positions
- The correct line in curves

Sicherheitstraining ADAC



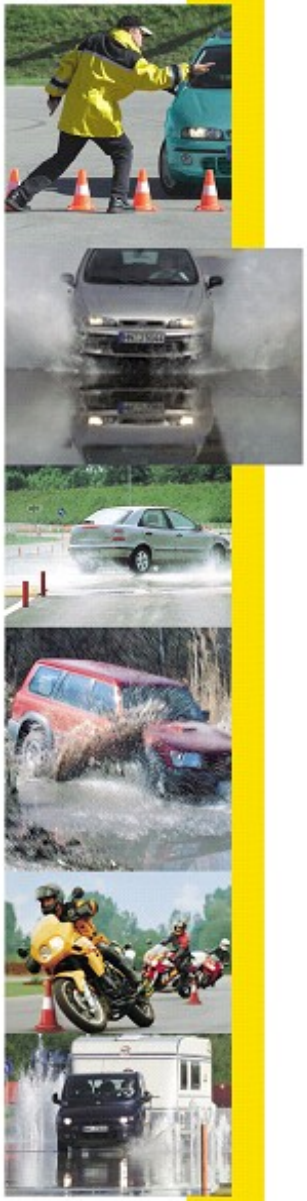
Training Contents

Braking and Steering

- Braking and evading
- Bringing the motorcycle upright while braking in curves
- Braking in different leaning positions
- Braking after bringing the motorcycle upright
- Braking with ABS systems
- Comparing the 3 emergency maneuvers
- Take the right decision – react to s
  directions

Sicherheitstraining

ADAC

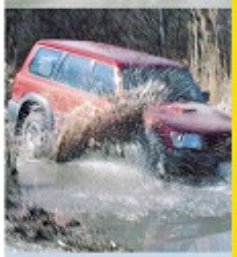


Training Methodology

The 5 phases of a training element

- **Introductory presentation**
- **Creating awareness**
- **Practice**
- **Sensitization**
- **Concluding presentation**

Sicherheitstraining ADAC



Basic Methodology

5 Sections in 10 Steps

Module

Building on participant`s experience

Identifying a driving problem

Discussing avoidance strategies

Creating an awareness for action patterns

Seeking the optimum technique

Establishing the best solution

Providing the optimum coping technique

Demonstrating the optimum coping techn

Giving exercise instructions and the first training phase

Corrections (action sequence)

Again, corrections and training (timing)

Variation of exercise conditions

Linking it to real traffic

Consequences and tips

Sicherheitstraining

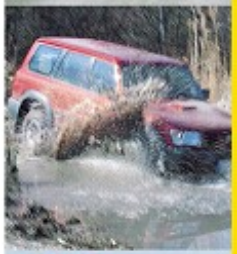
ADAC

Thank you very much for your atte

ADAC

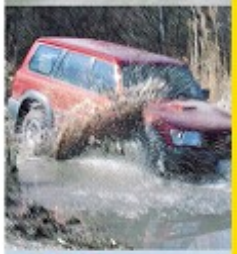
Sicherheitstraining

ADAC



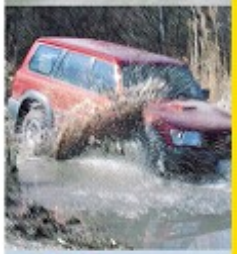
Sicherheitstraining

ADAC



Sicherheitstraining

ADAC



Sicherheitstraining

ADAC